

Towards being a better you

A TOOL TO CHANGE CORE BELIEFS AND NEGATIVE STATEMENTS YOU BELIEVE ABOUT YOURSELF

Instructions:

1. Write down on a separate piece of paper any core beliefs and/or negative statements you believe about yourself. They may also be statements that something has happened to you that makes you feel for example helpless or violated or another strong emotion.
2. On the brick wall opposite, turn these negative beliefs/statements into positive ones or state how you feel. Eg. Turn I am not worth it to I am worthy. I am a failure to I am not a failure or I am successful. If you raised some powerful emotions state these like 'I felt helpless'. 'I was violated'.
3. Next to each statement in the brick, write a percentage - how much do you believe this statement right now?

1	2	3
4	5	6
7	8	9

4. What example/s can you give that you recently felt this or accomplished this for each statement you've written?

5a. Are you willing to accept these statements? Write down the number of the statement/s above you accept.

5b. For the statement/s you are willing to accept: How best can you respond to these with your core responses (mentally, emotionally, physically, socially and/or spiritually)?

5c. For the statement/s you cannot accept: What do you want to change it to so you can accept? How best can you respond to these with validations (belief in self, listen to self, affirm self)?

6. What statements / parts do you want to focus on towards being a better you?

7. Summarise what you want to focus on, including the statements you accept, in 1-2 sentences that you can regularly re-read and engage with daily as you reinforce the positives in becoming that better you. *For example, I can rebuild my life knowing I was violated, but can empower and believe in myself knowing I have not failed.*